



# Bellingham Soccer Association



## Self defense seminar

Wednesday January 20th at 6:30

**Northeastern Tae Kwon Do Academy**

**15 North Main St. Bellingham, MA**

508-966-3070

All soccer players, coaches and parents are invited to attend this important and informative self defense seminar. The class covers;

- Awareness Training, how to use caution in your environment and surroundings.
- Create a "Protective Bubble" How to maintain safe protective personal boundaries.
- Skills Practice: Players, Coaches and Parents will practice skills on how to escape and run from a bad situation

The class will be taught by Norman McLinden 7<sup>th</sup> degree Black Belt. Mr. McLinden has taught self defense/anti-bullying techniques at Bellingham and surrounding area schools, Boy Scouts, Girl Scouts and senior centers. Northeastern Tae Kwon Do is Bellingham's hometown martial arts academy. ***Please visit the schools website at [netkd.net](http://netkd.net)***